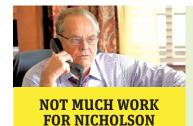


### Receive \$ 10.00 off

your next appointment.

City Centre location only, call 780-406-7272 www.snasation.com



**UNLESS YOU COUNT** 

LAKERS GAMES (page 18)

THE SPENDER **WAHLBERG DIGS DEEP TO ACHIEVE** 

AUTHENTICITY (page 25)



**EDMONTON** metr

Thursday, December 16, 2010 www.metronews.ca



**News worth sharing** 

# Laraque offers city \$100K to move Lucy

• Former Oiler says elephant belongs in a warm climate, will chip in \$100,000 for new arena if the city agrees to transfer her Laraque, a public advocate for PETA, is latest celebrity to join chorus of calls to move pachyderm

Former Oilers pugilist Georges Laraque has jumped into the fight over Edmonton's lone zoo elephant by offering to pony up \$100,000 if the city moves the pachyderm.

Laraque, who made his name as an enforcer in the NHL, has written a letter to Mayor Stephen Mandel saying he will donate money toward a new downtown rink if the city transfers Lucy to a warm-weather sanctuary.

"Lucy's serious health problems and the signs of mental distress that she has long exhibited are reason enough to send her to a sanctuary in a warmer climate, but I hope that my proposal creates even more incentive," says Laraque in the letter.

The city is negotiating with the Oilers about who will pay for a proposed downtown arena for the team that would cost \$450 million. Laraque said his money could go toward that or to other tourist-draw

A spokesman for the mayor confirmed that his office received the letter, but added it was still being reviewed. The city has always said Lucy is fine where she is at the Valley Zoo and that a move south would kill her.

She is 35 and her kind live to about 45. according to the Canadian Association of Zoos and Aquariums.

THE CANADIAN PRESS



### Local **Collision** course on city streets

Bad weather keeps cops busy on the roadways {page 3}

### **Canada** has size for Juniors

Roster not big on names, just big, period (page 41)



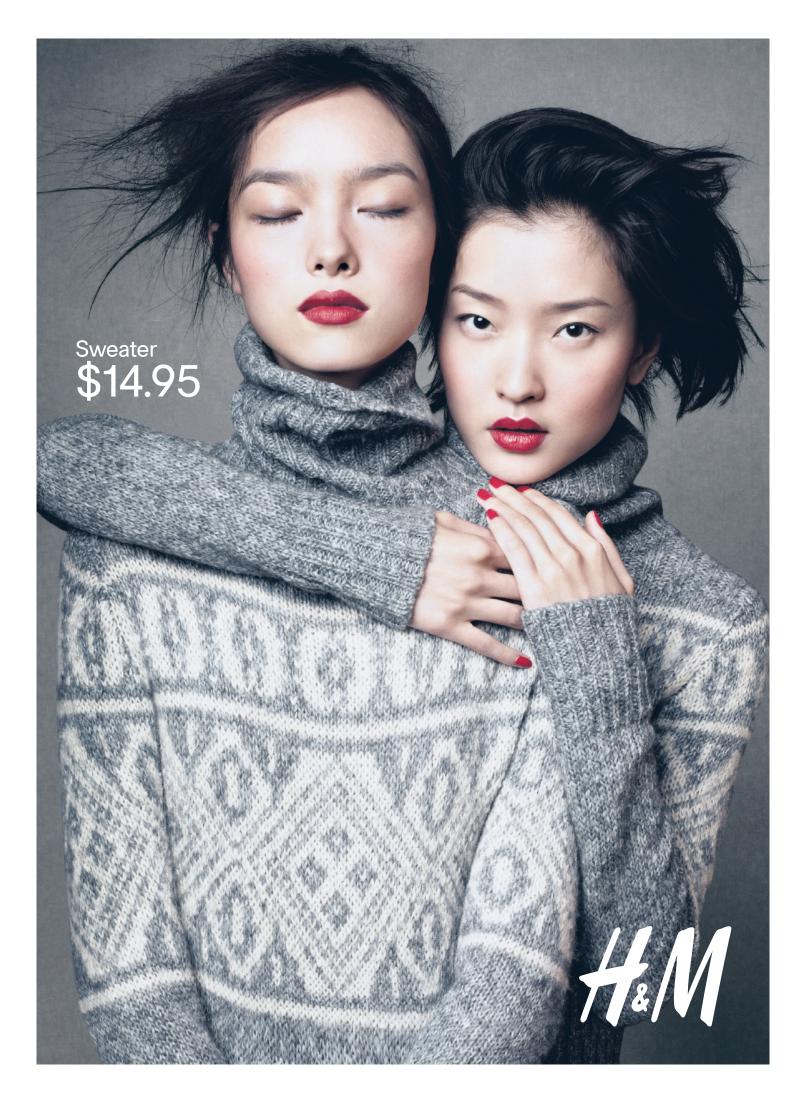
### Make Them Jealous

Indulge with a luxury watch or jewelry. With 20 designer lines to choose from, we're sure to have the object of your desire. Receive a trip for two to Las Vegas with any purchase over \$3,000.

Kingsway Mall: 780.479.2740 Southgate Centre: 780.439.2740

www.michaelanthonyjewellers.com





### Klein has emphysema, friend says

Ralph Klein, the pugnacious, populist former premier of Alberta, has been diagnosed with lung disease, says his close friend Rod Love.

Love says Klein, 68, confirmed he has emphysema.

"It was probably brought on largely by (the fact) he smoked for a long time," Love said yesterday.

"We know enough now that if you smoke for a long time, it's going to catch up with you, but then I'm not his doctor."

Klein was not immediately available for comment.

Emphysema is a chronic lung disease that damages air sacs in the lungs, making it hard to breathe. It can lead to shortness of breath and fatigue. While there is no cure, the effects can be eased by pills, puffers and supplemental oxygen. There have also been reports that Klein is suffering from memory loss and sometimes has trouble recognizing people.

Love said that might be an over-statement.

"People who haven't seen him for awhile are a bit taken aback, because when he was on his game he was as good as you can get, and he's not on his game anymore.

"But I had lunch with him three weeks ago. We had a good chat. He's slowed down, but he's still Ralph."

Hal Walker, Klein's former Calgary constituency president, said he still bumps into the former premier regularly at a gym in Calgary.

"Ralph is there often. He gets on the treadmill and does his workout. He's doing what he can to maintain his health," said Walker, who left the Progressive Conservatives in April to become president of the rival Wildrose Alliance.

THE CANADIAN PRESS



# City spinning after 20 cm

♠ More than 60 collisions yesterday ♠ More flurries expected Sunday



Yesterday was a stressful day on the road for Edmonton commuters, as blowing snow, low visibility and slippery roads took their toll.

Between 6 a.m. and 3 p.m. Edmonton police responded to 67 collisions, nine of which involved minor injuries.

"We are receiving twice as many calls as we would on a typical winter day," said Chad Orydzuk, spokesperson for Edmonton police.

Environment Canada said three centimetres of snow accumulated overnight Tuesday, and it didn't stop yesterday, causing whiteout conditions on the city's outskirts.

RCMP closed down Highway 16 just west of the Highway 60 intersection in the afternoon because of a collision. The roadway was eventually reopened but motorists were advised to stay away. The Alberta Motor Association issued travel advisories against other roadways outside the city.

including highways 16A, 60 and 43. Roadways in the city were slick, but a force of more than 100 city plows and sanders were doing

routes.

"When it snows like this, it's best to avoid driving if you don't have to," said Orydzuk.

their best to improve main

### Clear it

- ➤ The accumulating powder comes with a reminder for residents from the city to ensure their sidewalks are clear 48 hours after a snowfall.
- ➤ The fluctuating temperatures can create hazardous conditions for everyone including city waste collectors. Clear snow around your garbage stand, and avoid putting waste out on slippery areas.





An unusual Vietnamese religion struggles to survive as its refugee holars dwindle. Scan code for story

- Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Don Cherry, Toronto Mayor Rob Ford and the politics of class warfare. More at metronews.ca/ spindoctor



Twitter Ametroedmonto

WORLDHEALTH

310-TRIM 8746

www.worldhealth.ca

NO INITIATION AND NO CONTRACT!\*



**HURRY OFFER ENDS** 



Some restrictions appl

### **News in brief**



# Arena decision coming in April: Mayor

OILERS. Mayor Stephen Mandel said yesterday that a decision regarding whether the city will build a downtown arena for the Oilers will come down in April.

Funding and zoning will come forward for discussion at council in Janu-

Owner Daryl Katz wants a new \$450-million facility for 2014 and has repeatedly spoken against both a renovated Rexall Place and any involvement from Northlands. • METRO

## Homicide victim ID'd

**CRIME.** An autopsy was done yesterday on the city's 25th homicide victim of 2010, who was found dead in a truck. He has been identified as 31-year-old Andrew Block of Edmonton.

Police responded to a call Tuesday and spent much of the day at a truck abandoned just off 116 Avenue and 127 Street, canvassing the area. ©METRO

## Bus driver gets ticketed

**CRASH.** The driver of a school bus involved in a crash that injured two children has been ticketed for careless driving, after police say he drove through a yield sign

through a yield sign. RCMP say the 70-yearold man can pay a \$400 fine or appear in court.

A boy and a girl, both 12, suffered non-lifethreatening injuries Monday when the bus collided with a truck near Legal. THE CANDIAN PRESS

# Interactive tech spurs kids in rehab

The Cube inspires motivation for lower-limb therapy
 70 different special effects and games on offer for pediatric patients

"What's under the leaves, Dean? Let's see what's under the leaves!"

Six-year-old Dean Kopfensteiner, who has cerebral palsy, was cheered on by his dad, Barry, as he made his way across an 80-inch diagonal floor display at the Glenrose Rehabilitation Hospital yesterday.

As Dean moved, virtual leaves would clear away as they would if he was walking through them on a sidewalk.

In the end, an image of the transformer Butterfly was revealed on the floor.

The technology, which arrived last month, is called the Cube.

"It has motion-sensing devices," explained Darrell Goertzen, technology serv-



ice leader at the hospital. "It figures out where your feet are, and it changes the image."

Dean had surgery six weeks ago to strengthen tendons in order to give him a greater range of leg motion. His physical therapist, Tracy Sullivan, said she's already seen an improvement in the quality of Dean's walking as well as his endurance since using the Cube — and he hasn't been the only child to benefit.

### Details

- About two-dozen children have been helped by the Cube since it arrived last month.
- It is in the Building Trades of Alberta Courage Centre, which opened Nov. 4. The area provides different rehabilitation options with technology such as robotics, virtual reality, simulation and gaming, and real-world bionics.
- The Cube is a \$14,000 device developed by GesterTek.

"They have more motivation to walk or do what they're doing," she said. "Most can go longer when they're more engaged."

HEATHER MCINTYRE

**MEMBERS GET** 

# UNLIMITED TALK & TEXT WITH NO ZONE RESTRICTIONS.

Get it all with no fixed-term contract.

### \$50/mo. gets you:

- Unlimited Local Calling
- Unlimited Text
- No Zone Restrictions!









\$4999

mobile

IT'S BETTER TO BE A MEMBER





ilable on talk and text phones in select provinces only. Some phone models and colours











WIRFLESS etc



### metr<sub>®</sub>

# **Monitoring of** oilsands needs work: Minister

Oil Sands Developers Group says it is willing to comply with an environmental impact assessment

environment minister agrees with a panel of Canada's top scientists that the province must improve the way it approves and monitors the

"The monitoring aspect of our regulatory process has been called into question," Rob Renner said yesterday following the release of a study by the Royal Society of Canada. "We have to have a monitoring system that is not only credible, but seen to be credible."

The report suggests that while the oilsands don't deserve all the bad press they've been getting, the governments that regulate



them do.

It concludes that the massive and rapidly expanding industry has outstripped Alberta's capacity to regulate it. It says the province's approval system doesn't meet internastandards suggests that development projects in the Third World are more closely examined for health and social impacts.

It also says the province doesn't get adequate financial guarantees from energy companies to ensure that the eventual cleanup costs of oilsands mines don't fall to the taxpayer.

The federal government doesn't escape criticism. The report says Ottawa has walked away from its responsibilities for Aboriginal Peoples and inter-provincial air and water. THE CANADIAN PRESS





# From here. To career.

### The Shortest Path To A LEGAL Career

Train today for:

- Paralegal
- Legal Administrative Assistant

Also available:

- Medical Office Assistant
- Oil & Gas Administration
- Acupuncturist

and more...

Most programs are 1 Year or less.

Step into the career you've been dreaming of. Call today!

classes.reevescollege.ca 1.800.533.1457





9 SHOPPING DAYS LEFT

ONE DAY ONLY

THURSDAY, DECEMBER 16, 2010

BUY ONE, GET THE SECOND ONE



\*ALL MEN'S REG. AND CLEARANCE PRICED

POINT ZERO®, LEE®, PROJEK, CLAIBORNE®, UNLISTED®, SOLITUDE, NEVADA®MD AND UNIONBAY® FASHIONS

### POINT ZERO UNIONBAY.

PROJEKRA NEVADA. SOLITUDE 🛢

Lee Levi's **& Lois** kensie ATTITUDE"

Buffalo Calvin Klein Jeans

### **40**%

\*ALL WOMEN'S REG. PRICED
HANDBAGS, BELTS, WALLETS, COLD WEATHER & FASHION ACCESSORIES AND

**40**% \*ALL WOMEN'S MEN'S & KIDS REG PRICED

BOOTS





GET \$20 OFF INSTANTLY

\*These savings offers exclude items with prices ending in .97 & .88, Catalogue and online purchases, work boots, Nike\* boots, women's outerwear & activewear, men's dresswear & currently advertised items While quantities l

nd must accompany any returns

NE123G710 © 2010. Sears Canada Inc











RURAL RESIDENCE

### **Bodies** found in Falher, man held

The deaths of two individuals in Falher are being labelled suspicious.

McLennan RCMP and EMS responded to a 911 call just after 8 a.m. yesterday morning.

They went to a rural

residence and found the

bodies. Police have taken one adult male into custody, and the Peace River Major Crimes Unit and the K Division Serious Crimes Branch are continuing an investigation.

No information about the victims or the person in custody has been released, though potential charges are pending.

Falher is about 115 kilometres northeast of Grande Prairie.

### A click can **Members** get a break

Annual memberships are on sale for the Terwillegar Community Recreation Centre, opening Jan. 29,

Until the end of December, 2010, prices will remain in effect, saving you \$54 on a 12-month adult pass and \$162 on a 12-month family pass. METRO

# help you

Albertans needing help from provincial-based social assistance programs can now get information from one source.

A new website, albertasupports.ca, provides the information.

The information can also be accessed by calling 1-877-644-9992.

♠ METRO

# **Edmonton's charities** are facing the cold hard facts of life

Some struggling to meet their Christmas targets Seniors and low-income families will feel the pinch unless folks open their hearts

### Give if you can

Christmas is the time of vear when charities need the help of Metro readers.

- Check online, or visit your local fire halls or shopping malls to help out those in need this holiday season.
- Another charity in need of your help is the Salvation Army, which has a target goal of \$450,000 - money that will fund programs throughout 2011.
- Statistics Canada says from November 2007 to November 2009 giving dropped from 28 to 23 per cent, a charity worker said.



Meals on Wheels kitchen was bustling yesterday.

Elected officials, business leaders and media personalities helped prepare, package and deliver a complimentary turkey dinner for clients.

But the organization's winter campaign to help feed seniors and others well into the new year is still far below its goal of \$75,000.

Only \$33,000 has been raised so far.

"Last winter we only

"The bill will be paid regardless and that could affect next year's operations."

DIANNE BROWN, CAMPAIGN DIRECTOR, CHRISTMAS BUREAU OF EDMONTON

raised \$57,000, which was sort of to be expected. All of the charities were hurting," said Kerryn North, marketing and fund development.

"(But) we were really hoping that this year there would have been some kind of bounce back."

The Christmas Bureau of Edmonton is in the same boat, as they are only at 42 per cent of their \$1.8million goal for 2010.

Although usually at about 50 per cent at this time, campaign director Dianne Brown is very concerned about the 73,000 mouths that need to be fed.

"The bill will be paid regardless and that could affect next year's operations," she said.

On the other hand, Santa's Anonymous, which declared a state of emergency last week, are now only 1,500 toys away from the goal of 25,000.

That, it's expected, will be delivered this weekend.





# Labour protest leads to riots in Athens

Violence erupts after 20,000 protesters march to parliament chanting: 'No sacrifice for the rich'

Protesters clashed with riot police across Athens yesterday, torching cars, hurling gasoline bombs and sending Christmas shoppers fleeing in panic during a general strike against the government's latest austerity measures.

Police fired tear gas and flash grenades as the violence escalated outside parliament and spread to other parts of the capital.

Angry unions triggered the 24-hour strike to protest new labour reforms and pay cuts as Greece struggles to reshape its economy under conditions

set by a 110-billion-euro (\$146-billion) international bailout. The strike also grounded flights, closed factories, disrupted hospi-tals and shut down trains, ferries and buses across the

In Athens, youths wearing black masks and ski goggles used sledgehammers to smash paving stones and hurled the rubble at police. A post office near parliament briefly caught fire, forcing employees and bystanders to run for safety.
Christmas shoppers fled

as rioters hurled petrol

**7th** It was the seventh strike this year by unions appalled at a wave of austerity policies meant to pull Greece out of its worst financial crisis since the Second World War.

bombs wrapped in bundles of firecrackers, causing small explosions when they landed. Rioting youths torched several cars, and vandalized storefronts.

THE ASSOCIATED PRESS

OIL DISASTER

### **U.S.** sues **BP** over **Gulf spill**

The Justice Department in Washington, D.C., yesterday sued BP Exploration and Production Inc. and eight other companies in the Gulf oil spill disaster in an effort to recover billions of dollars from the largest offshore spill in U.S. history. THE ASSOCIATED PRESS

### **Evacuation | UN lifts** drill staged throughout S. Korea

South Koreans stopped their cars, donned gas masks and ducked into underground shelters yesterday in the country's biggest-ever evacuation drill — a government attempt to prepare traditionally indifferent citizens for possible new attacks by North

THE ASSOCIATED PRESS

### nuclear sanctions against Iraq

The UN Security Council yesterday lifted sanctions that prohibited Iraq from pursuing a civilian nuclear program, in a symbolic step to restore the country to the international standing that it had held before Saddam Hussein's 1990 invasion of Kuwait.

THE ASSOCIATED PRESS



# Two die in parking lot shootout

A mother loading her two-year-old son into a vehicle used her body to protect the toddler before she was shot and killed in an ensuing midday gun battle at a Sacramento shopping centre, sheriff's officials said yesterday.

Monique Nelson, 30,

### Barbershop

- Detectives believe at least one gunman entered the Fly Cuts & Styles barbershop just before 1 p.m. and began shooting.
- At least one person inside the shop returned fire.

had just strapped her son into his car seat when she was struck in the chest, and detectives believe she positioned herself to protect her son, Sacramento County Sheriff's Sgt. Tim Curran said.

Curran said.

A second victim, 20year-old Marvion Barksdale, also died from
injuries suffered in the
shootout after being taken to a hospital, where he
underwent surgery for a
chest wound, Curran said.
Five other men were injured in the gunfight.
Allof them are expected
to survive.

THE ASSOCIATED PRESS

# U.S. Senate passes tax compromise

## Contentious \$858B tax bill passes in upper house by vote of 81-19

U.S. President Barack Obama's compromise tax deal with Republicans — a package of cuts that would add nearly one trillion dollars to the U.S. debt — won approval in the Senate yesterday.

Obama swiftly urged the House of Representatives, where Obama's fellow Democrats see the bill as overgenerous to the wealthy, to pass the \$858-billion measure without changes, a slap at Democratic liberals eager to toughen part of the bill that permits up to \$10 million to pass tax free to heirs on an estate.

If passed, the bill would spare Americans at every income level from larger tax bills beginning Jan. 1. With opposition Repub-

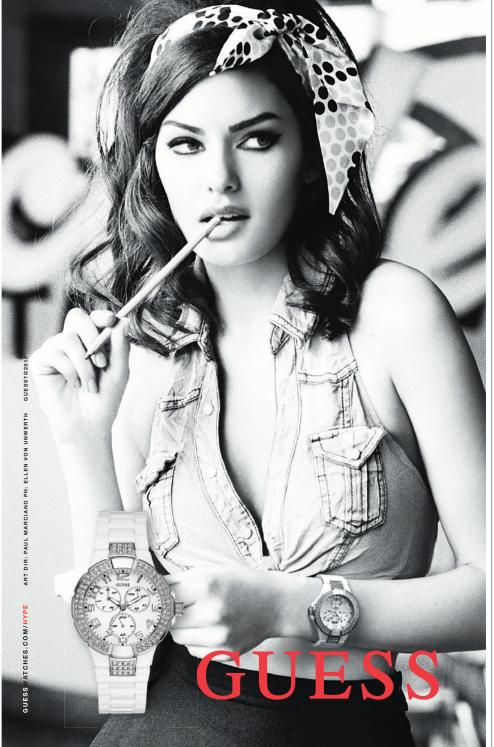
With opposition Republicans poised to take control of the House after last

### New Congress

The bipartisan deal marks a test of how Obama will govern without his Democratic party in control of the House and with a reduced majority in the Senate.

His readiness to reach accommodation with the opposition Republicans likely will set a pattern for the final half of his term.

month's landslide election victory, Obama had little choice but to drop his objections to an extension of lower assessments on wealthy Americans. Republicans had vowed to let cuts for lower- and middle-income earners to expire as well. THE ASSOCIATED PRESS





### Feats of strength

Four acrobats took their circus act to the Vatican, performing shirtless for Pope Benedict XVI during his weekly general audience. The Pellegrini Brothers took off their shirts as they came on stage yesterday to begin their show, which lasted a few minutes. They lifted each other in acrobatic poses, keeping balance with their bodies supported only by their arms, at one point creating a human tower.

# EU gives award to dissident

**○** Empty chair set out for Cuban at human rights prize ceremony

A Cuban dissident used a video address at yesterday's award of the EU's main human rights prize to call for the release of political prisoners in his homeland and for the government to end attacks on the opposition.

Guillermo Farinas, a 48-

Guillermo Farinas, a 48year-old psychologist and freelance journalist, was not allowed by Cuba to travel to receive the Sakharov human rights prize in Strasbourg, France. "It is important to note that the Cuban government is very weak. And because it is weak, it is more dangerous."

GUILLERMO FARINAS, PSYCHOLOGIST AND FREELANCE JOURNALIST

He said the travel ban was "irrefutable testimony to the fact that, unfortunately, nothing has changed (in Cuba)."

Farinas won the prize in October after his 134-day hunger strike helped draw attention to the plight of activists, opposition leaders and social critics in Cuban jails.

Previous winners of the prize include Aung San Suu Kyi and Nelson Mandela. It was awarded twice before to Cubans: In 2002 to pro-democracy activist Oswaldo Paya; and in 2005 to a dissident group, Ladies in White.

THE ASSOCIATED PRESS





### Zuckerberg tops Queen

Facebook founder and CEO Mark Zuckerberg has been named Time magazine's Person of the Year for 2010. At 26, he is the youngest Person of the Year since the first one chosen, Charles Lindbergh, who was 25 when he was named in 1927, Time said yesterday. Zuckerberg beat out the Queen by just two weeks: She was 26 when she was named in 1952. Many had expected Time to choose newsmaking WikiLeaks founder Julian Assange.

### Germany gives \$80M to preserve Auschwitz

Germany pledged yesterday to pay 60 million euros (\$80 million) over the next year into a fund for Auschwitz-Birkenau to preserve the barracks, gas chambers and other evidence of Nazi crimes at the former death camp, some of which are deteriorating to the point of collapse.

Germany is the largest of several countries contributing to the Auschwitz-Birkenau Fund, which was set up in 2009 to gather money to maintain the 472-acre expanse made up of the original camp, Auschwitz, and the nearby

The barracks, gas chambers and other buildings are in need of urgent repair, having been worn down by the ravages of time and the pressure of more than one million visitors per year.

satellite camp of Birkenau. The camp was operated

The camp was operated by Nazi Germany in occupied Poland during the Second World War. More than one million people, mostly Jews, died in the camp's gas chambers or through forced labour, disease or starvation.

Museum director Piotr Cywinski first issued a worldwide appeal for help in 2008, saying 120 million euros were needed to repair the memorial site. THE ASSOCIATED PRESS



### thebay.com

twitter.com/thehudsonsbayco



# Health-care costs linked to poverty: Report

20% of costs correlate to social problems: Report
 Author calls on all levels of government for solutions

Some 20 per cent of Canada's spiralling health-care costs can be directly attributed to low income and education levels, a new report says.

And reducing the innate health risks that poverty carries requires lifting the socioeconomic status of the country's poorest people, according to a Health Council of Canada report.

"There is a direct correlation (between) low incomes, low socioeconomic status and health," council head John Abbott says.

"And when you look at the pressures on the health-care system, who is using the system, it tends to be that same group." Abbott says solutions must come from all government agencies that can have a hand in poverty reduction.

He says new government initiatives should be assessed, in part, on their likely impact on health, particularly in relation to socioeconomic factors.

He says he doesn't know if the health costs associated with poverty would simply be counterbalanced by new financing for social equalization programs.

Yet while that "math can be done," the alleviation of suffering the suggested strategy would produce would justify it, he says. TORSTAR NEWS SERVICE

### Closing the gap

The report says the link between low incomes and chronic diseases is well established.

- Yet, factors that make poverty itself a health risk will remain endemic among the poor unless the socioeconomic gaps themselves are closed.
- ▶ Health-promotion programs aimed at decreasing high-calorie, processed-food diets and increasing exercise levels do not penetrate society's lower reaches, where education levels tend to be poorer.



### Students denounce Chavez

Students are protesting Chavez's attempt to get a friendly congress to give him decree powers for 12 month, which would allow him to impose laws on his own. His allies in the National Assembly gave initial approval to the "enabling law" on Tuesday night.

# Tweeting allowed in Assange hearing

Britain's judicial system is stepping into the 21st century — 140 characters at a time

Freedom-of-information advocates yesterday hailed a judge's decision to allow journalists to communicate by Twitter from the bail hearing for WikiLeaks founder Julian Assange, saying it opens a door to texting and blogging live proceedings from Britain's conservative courts.

At least two journalists tweeted news that Riddle had granted Assange bail and Sweden appealed that decision. THE ASSOCIATED PRESS

#### In court

- Journalists have been surreptitiously emailing and texting from courtrooms for years, risking ejection if the judge objected.
- This is thought to be the first time a judge has given explicit permission for courtroom tweeting.





# Polar bears not doomed: Study

### • The problem is not irreversible: Research author

Two groups of scientists are suggesting a sliver of hope for the future of polar bears in a warming world.

A study published online yesterday rejects the often used concept of a "tipping point," or point of no return, when it comes to sea ice and the big bear that has become the symbol of climate change woes. The study optimistically suggests that if the world dramatically changed its steadily inemissions of creasing greenhouse gases, a total loss of critical summer sea ice for the bears could be averted.

Another research group projects that even if global warming doesn't slow — a more likely near-future scenario — a thin, icy refuge for the bears would still remain between Greenland and Canada.

A grim future for polar bears is one of the most tangible and poignant outcomes of global warming. Four years ago, federal researchers reported that two-thirds of the world's polar bear habitat could vanish by mid-century.

THE ASSOCIATED PRESS

# DISTRIBUTION

Metro Edmonton is seeking a full-time Distribution Auditor to be a part of

Reporting initially to the Publisher (and then to the Distribution Manager), this candidate will possess an understanding of distribution concepts and procedures and should be able to analyze operations for efficiency and

### PRIMARY RESPONSIBILITIES:

- Review all distribution locations within the city (boxes and dealers) for accuracy and quality
- Review the procedures and efficacy of our distribution contractors and hand-promoters, ensuring they are adhering to Metro's policies.
- Seek and implement new distribution opportunities and locations within the general area

### REQUIREMENTS OF THE POSITION:

- Knowledge of distribution strategies for news/print media preferred
- Strong reporting skills using Microsoft Word and Microsoft Excel
- Strong computer and email skills
- Excellent communication skills
- Ability to work at irregular hours (some evening work required)
- · Assertive self-starter with own vehicle
- An adequate team player with an adaptable attitude

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than December 17, 2010. PLEASE QUOTE: "DISTRIBUTION AUDITOR - EDMONTON" in the subject line. All submissions will be treated as confidential.





New Low Rate



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to the inaccurate billing criteria. The Comwave Call over 30 Countries for 1.9 cents does not include calls to overseas mobile phones and it has a monthly fee of \$1.95. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Mexico on this bundle are to Mexico city and Monterey. Calls to Russia on this bundle are to Woscow and St. Petersburg. Calls to Calls to Mexico on those may be billed at a higher rate. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. Terms and conditions apply, see www.comwave.ca for details.



# **1,000** held in Moscow over riots

New scuffles erupt after weekend of racially motivated violence

Russian police fearing more clashes between racist hooligans and ethnic minorities detained 1,000 people in a standoff near a Moscow train station yesterday, taking a strong stance against far right extremists after weekend rioting left dozens injured.

Hundreds of riot police outside the Kievsky station hauled mostly young men and teenagers shouting racist slogans into police vans. Officers confiscated an arsenal of weapons, in-

Foreign aid. In Afghanistan

cluding knives and metal bars, police spokesman Viktor Biryukov said.

Resentment has been rising among Slavic Russians over the growing presence in Moscow of people from the southern Caucasus region, the home of numerous ethnic groups, most of them Muslim.

People from other parts of the former Soviet Union, including Central Asia, Armenia and Azerbaijan, also face ethnic discrimination. THE ASSOCIATED PRESS



### Great Selection of Pre-owned Low Km 1500, 2500, 3500









2010 JEEP WRANGLER UNLIMIT-ED SAHARA \$31,995



2008 F350 EXT CAB S/B FX4



2008 F350 L/BOX CREW/C



2008 DODGE DAKOTA SLT



2008 HONDA RIDGELINE



2007 CHRYSLER ASPEN BLACK



2010 DODGE 1500 CREW CAB SPORT 4X4



2008 DODGE 3500 O/C SLT L/B



2009 FORD F150 CREW/C FX4 XLT



2006 DODGE MEGA CAB SLT 3500



2007 DODGE RAM 2500 S/BOX



2007 DODGE RAM 1500 Q/C



2006 CHEV AVALANCHE



2008 DODGE RAM 1500 QUAD

780.940.3350



2008 F450 KING RANCH



### **Call for Credit Approval!!**

WE STILL ACCEPT **CASH** 

If you need to know about trucks SELL NEW & USED Call AL:

780.909.9426 MINING

SPECIAL **FINANCING** FOR RANCHERS **FARMERS** OILFIELD CONSULTANTS LUMBER



### Red Cross under attack

Reto Stocker, head of the International Committee of the Red Cross, yesterday sounded a warning of an increase in the number of Afghan armed groups interfering in the Red Cross's work, as bombings killed three children in the south and two NATO soldiers died elsewhere. The Red Cross had long been able to operate in even the most dangerous areas of Afghanistan because of a commitment to treat all people, but a rise of small armed bands has made negotiations difficult.

### **EU searches** for proof in Kosovo organ claims

European Union police in Kosovo yesterday asked for "hard facts" to back up claims made by an investigator that civilian de-tainees of the Kosovo Liberation Army were shot to death to sell their kidneys on the black market.

Council of Europe investigator Dick Marty rocked Kosovo with his report released Tuesday that also suggested Prime Minister Hashim Thaci was once the "boss" of a criminal underworld behind the alleged grisly trade.

Thaci was the rebel

2,000 The number of police and justice workers with the European Union's EULEX unit in charge of investigating war crimes and overseeing Kosovo's weak justice system.

Kosovo Liberation Army's political head during the 1998-99 war for independence from Serbia.

His party just won the Kosovo's first general elec-tions since it declared its independence from Serbia in 2008

An earlier EU investigation into claims that organ harvesting took place in northern Albania did not come up with any proof. EU police mission spokeswoman Karin Limdal noted. The associated press

DEAD HEAT

### Tories. Liberals in tie: Poll

It appears the Conservatives and Liberals are ending the year the same way they started it in a dead heat.

A new poll by The Canadian Press Harris-Decima suggests the Tories have the support of 31 per cent of Canadians, statistically tied with the Liberals at 29 per cent.

That's far from the support levels needed to win a majority.

The tepid results are

markedly different than a couple of other polls published recently, which suggested the Tories had pulled into a healthy lead, verging on

majority territory.
And they're likely to dampen speculation that Prime Minister Stephen Harper will pull the plug on his minority government early in the new year.

The poll suggests no party should be eager for an election any time soon.

The telephone survey of 2,022 Canadians was conducted Dec. 2 to 13 and is considered accurate within plus or minus 2.2 percentage points, 19 times in 20. THE CANADIAN PRESS

# Canada, Europe trade deal likely: Official



de, yesterday in Ottawa.

### Trade with U.S. remains on solid footing, according to trade minister

Trade Minister Peter Van Loan says it is becoming increasingly likely that Canada will reach a comprehensive trade agreement with the European

The trade minister says he had expected difficult negotiations but they have progressed better than

Van Loan and his European counterpart, Karel De

Gucht, have agreed to proceed with the talks after receiving assessments from their chief negotiators.

Both say the difficult issues, particularly access to provincial government procurement and agricultural subsidies, have yet to be set-tled, but that talks are ahead of schedule. The two sides have set an end of 2011 date for concluding a deal THE CANADIAN PRESS



\*Bonus in 6 monthly installments of \$10 will be credited to the chatr account. Offer ends January 4, 2011. †Available to new customers only for 6 consecutive months from date of plan activation. Offer ends December 31, 2010. Regular monthly rates apply after promotional period. TM/@Brand names and logos are trademarks of their respective owners. ©2010

Watchdog, credit card

firms face off over fees

# By the numbers

3.2%

Improving financial market conditions and lingering low interest rates will boost Canadian economic growth to 3.2 per cent next year, slightly more robust than 2010's projected growth of 3.1 per cent, according to the latest economic outlook from RBC Economics. Growth slowed in the third quarter of this year, largely due to softness in the housing market and U.S. economy, the report said.

4.8%

New data show Canadian home sales grew in Novem-

ber for the fourth straight month but continued a trend of unfavourable comparisons to the same month last year, when sales reached record levels. The Canadian Real Estate Association said home resales were up 4.8 per cent last month compared to October. Home resales have also rebounded by 19.5 per cent from July, when the market hit a trough following the introduction of new mortgage rules, higher interest rates and a new tax in two provinces.

### \$154.4M

Dundee Real Estate
Investment Trust is set to buy
real estate investor and developer Realex Properties
Corp. for \$154.4 million in
cash. Calgary-based Realex's
value is pegged at \$385 million. THE CANADIAN PRESS

### Visa, MasterCard say retailers can offer discounts for cash or debit

Canadian shoppers are paying all around higher prices because major credit card companies forbid retailers from charging credit card users a fee at the checkout, Canada's competition watchdog claims.

In an application filed yesterday with the Competition Tribunal, the Competition Bureau alleges that a "no-surcharge" rule and other policies of both Visa and MasterCard are "restrictive and anti-competitive."

The filing has reignited a war of words between the bureau on one side and the credit card companies on the other, who say the rules actually protect consumers from retailers who could slap fees on transactions and discriminate against card users.

Store owners are cur-

rently charged between 1.5 per cent and three per cent per credit card transaction, but the "no-surcharge" rule prevents them from tacking on a surcharge to offset the extra amount. The bureau claims those fees add up to about \$5 billion per year in hidden credit card fees for Canadian merchants — who pay some of the highest levels in the world.

Competition commissioner Melanie Aitken maintains that encourages businesses to bury the surcharges in the prices of all their products — no matter what payment method is used.

The bureau also takes issue with credit card policies that prevent retailers from encouraging consumers to use other payment options, like cash or

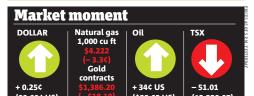
► Visa and MasterCard process about 90 per cent of all credit card transactions in the country.

debit, which cost retailers less, and a requirement that merchants must accept all credit cards offered by a company, including premium cards that carry higher fees for acceptance.

However, the credit card companies and a consumer association argued that removing the rules would allow merchants to charge credit card users exorbitant fees that can vary wildly while at the same time keeping current prices intact.

MasterCard said if businesses were forced to charge a fee for use, it would result in a form of discrimination against credit card holders, who would have to pay more for using the cards.

THE CANADIAN PRESS





I'm an expert in stress management.

Pets. They're four paws of wonder. To learn more, join the online debate. Let's talk pets at



A Purina Pet Project





(780) 489-2255 934 – 91 St. SW, Unit 1B (780) 485-8044

(780) 485-8044 6031 Gateway Blvd. (780) 438-2355 10013 170th St.

(780) 408-8917 12302 Stony Plain Rd. (780) 488-6622

9715 – 137 Ave. (780) 456-5339

West Edmonton Mall

(780) 484-4758 (780) 443-3040

(780) 413-9855

(780) 483-8838 Southgate Centre

(780) 434-5620

Millwoods Mainstreet
Mall

(780) 440-2812 118 – 993 Fir St. Sherwood Park

(780) 417-2355 6104 50 St. Leduc (780) 986-0986

10176 109 St. (780) 426-2355 City Centre

(780) 421-4540 Inglewood (780) 419-2355

Sunrise Towne Square Spruce Grove (780) 962-3980

St. Albert North Hill (780) 459-0660

### ROGERS @

#### EDMONTON

9450-137 Ave. NW (780) 476-6844 7629-38 Ave.

(780) 462-4559 11204 Jasper Ave.

(780) 423-5530 5818 Terrace Rd. NW

(780) 450-1377 6570-28 Ave. NW

(780) 450-1377 15049 Stony Plain

Rd. NW (780) 484-1191

4270-137 Ave. (780) 457-1331

10381-51 Ave. NW

(780) 435-8099

15341 Castle Downs Rd. NW

(780) 476-3925

Millwoods Town Centre (780) 436-7766

Kingsway Garden

(780) 471-3807

Londonderry Mall (780) 476-3266

Northgate Mall (780) 475-2724

Bonnie Doon (780) 463-0864



VISIT ROGERS.COM/HDPHONES FOR MORE INFORMATION.



«WIRELESSWAVE» WIRELESS etc...















# **Sued for selling toys**

San Francisco became first city prohibiting fast-food restaurants from including toys with children's meals that do not meet nutritional guidelines

A California mother and the Center for Science in the Public Interest have sued McDonald's Corp., trying to get the fast-food chain to stop using toys to market meals to young children

The lawsuit was filed in California Superior Court in San Francisco yesterday.

They claim McDonald's

decision to market its meals directly to young children violates several consumer protection laws because it exploits a child's vulnerability. San Francisco recently banned fast-food restaurants from including toys with kid's meals that don't meet nutritional guidelines THE ASSOCIATED PRINCES



### Dannon Co. accountable for false advertising

Dannon Co. Inc. has agreed to pay \$21 million US and drop some health claims for its Activia yogurt and DanActive dairy drink in settlements with U.S. state and federal regulators.

The food company has claimed that beneficial bacteria in its Activia yogurt helps relieve irregularity and that its DanActive drink helps people avoid catching colds or the flu.

The U.S. Federal Trade Commission said yesterday there is not enough evidence to back those claims. It announced it has reached a settlement with the company that prohibits it from making such claims unless they are approved by the U.S. Food and Drug Administration.

The attorneys general from 39 states also announced yesterday that they have reached a \$21-million settlement with

\$35M Settled a class-action lawsuit carlier this year over similar claims. Less than \$1 million of a \$35-million fund established in the case was paid out.

the food maker over the marketing claims. This case, led by attorney generals in Oregon and Tennessee, represents the largest attorney general consumer protection multi-state settlement ever reached with a food producer.

The two lead states will receive \$1.06 million under the agreement and the remainder of the money will be divided among the other states.

"Consumers want, and are entitled to accurate information when it comes to their health," FTC chairman Jon Leibowitz said in a statement.

"Companies like Dannon shouldn't exaggerate the strength of scientific support for their prod-

THE ASSOCIATED PRESS

INTERNET FRIENDS

### Bing gets help from Facebook

Microsoft Corp. is hoping its Bing search engine can gain more ground on Google with a little more help from Facebook and its other Internet friends.

As part of an extensive upgrade announced yes-

terday, Bing will feature more recommendations and other information from people's social circles on Facebook to help distinguish its results from Google's.

Bing is also teaming up with several other Internet companies to make it easier to complete a variety of tasks, such as buying tickets to a sporting event or making reservations at a restaurant, on its site. The associated press



### Do you smoke cigarillos? Are you between the ages of 19 and 29?



Toll Free 1-877-817-4001

Join a research study on cigarillo use. Eligible male and female participants receive \$25 for completing an online survey.

For more information call Alberta Health Services at 780.643.4444 on weekdays between 8:30am - 8:30pm.

www.albertahealthservices.ca

## GIMME SHELTER – THE CANADIAN VERSION



Thanks to man's hubris and God's Great Plan, this country is being walloped by extreme weather, raising the spectre of car accidents, property damage, and a slew of Canadian disaster movies with names like Snow! and The Day Saskatchewan Stood Still.

he recent bad weather— affecting everyone from coast to coast except Margaret Wente and Rex Murphy— reminds us that Canada will be hit by more calamities as the Earth's weather patterns change.

Deluges. Dumpings. Death from the skies. It won't be long before Environment Canada's special weather statements just say, "Pray."

Meteorologists concerned about climate change spend months analyzing information from dozens of satellites, hundreds of monitoring stations, and thousands of hands sticking out windows. Then they give up, call a press conference, and blame everything on El Ni-

That might sound imprecise, but it's a big improvement on the early 1900s, when weather prognosticators relied largely on the reactions of barnyard animals. For instance, a meteorologist would take a live chicken, throw it into the air, and make his wind readings based on the chicken's speed, direction, impact crater, and giblet radius.

We at Metro care deeply

about you, the reader, because you, the reader, could one day become you, the advertiser, which is why I've prepared a special chart that explains the different levels of storm and how quickly they will kill you. You're welcome.

Category 1: Trees sway;

Category 1: Trees sway; reporters' raincoats flutter; kids go sliding. (Media designation: Snowmageddon) Category 2: Telephone wires

Category 2: Telephone wires whistle; reporters standing in the snow yell, "There's a lot of snow!"; televisions tragically lose reception late in the third period. (Media designation: Apocalypse (S)now)

Category 3: Telephone poles whistle; storm jokes appear in late-night monologues; reporters comically flap in the breeze à la Kermit the Frog in a Big Bad Wolf sketch. (Media designation:

Possible El Nino Link Storm)

Category 4: Television news executives whistle; people pray to Jesus; storm cleanses gene pool of particularly stupid surfers. (Media designation: Possible al-Qaida Link Storm)

Category 5: People pray to all available gods; crazy people yell, "You call this a storm?" then blow away; script rights for movie sold to Michael Bay. (Media designation: Award Nomination Storm).

Fortunately, winter eventually comes to an end. Then all you'll have to worry about is droughts, skin cancer, and hurricanes. Metro reminds you to have a live chicken ready, just in case.



Read more of John Mazerolle's columns at metronews.ca/hesays

**Cartoon** 

MICHAEL DE ADDE

# \$h\*! that Santa says



### Worth mentioning

Santa has succumbed to Twittermania. Actually, multiple Santas of varying integrity have succumbed to Twittermania. Some are honest-to-goodness jolly old elves who want to bring joy into the hearts of children around the world. Others would like to sell you things. A few are downright rude.

Here are a few of your options:

You would not let your child watch @loadedsanta if he was on TV. He has a foul mouth and, apparently, a venereal disease.

Loaded Santa has one competitor in the "Most Vulgar" category. That would be



@RealSantaClaus, full name Santa Hussein Claus.

NORAD Santa has clout. In fact, @noradsanta is so well-connected that he appears to have hired someone to tweet for him — probably a young, nerdy elf. He's a little dry — maybe he's following military protocol? — but otherwise @noradsanta is

as good as it gets.

@NorthPolePost, who, like the others, touts himself as "the real" Santa. He tweets about how cute Mrs. Claus is and how much he loves lamb stew. He responds to tweeted letters from his fans without swearing. If St. Nick is really on Twitter, this could be him.

TORSTAR NEWS SERVICE

Who is your favourite person to follow on Twitter?
Email edmontonletters @metronews.ca
Twitter @metroedmonton

Metro has the right to edit letters and submissions.

### metr⊕

METRO EDMONTON • Suite 2070, 10123 - 99 Street • Edmonton, AB • T5J 3H1 • T: 780-702-0592 • Fax: 780-701-0356 Advertising: 780-702-0592 • adinfoedmonton@metronews.ca • edmonton\_distribution@metronews.ca

Publisher Steve Shrout, Managing Editor Darren Krause, Sales Manager Cheryl Skogg, Distribution Manager Jim Hillman

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

# Metro Minute with window displays

While walking along Whyte Avenue admiring the nine animated window displays, do you wish you could have the music behind them?

Return of the Magic is ongoing in Edmonton's charming, historic Old Strathcona area

Ranging from a nativity scene to Santa's workshop to a Gnome Family Christmas at When Pigs Fly, the Old Strathcona Business Association has grown its

It began in 2009 with one window display at The Tin Box. With eight additional displays, Natalie Ozipko, the association's media contact, is sure all shoppers will enjoy a family-friendly touch to the area. © HEATHER MCINTYRE



scene

Scene in brief

Lisa Kudrow's TV series Who Do You Think You Are? has lined up Tim McGraw, Lionel Richie and other stars who want to trace their family roots. NBC said Tuesday that the new season of the show will also include Ashley Judd, Steve Buscemi, Vanessa Williams, Rosie O'Donnell and Kim Cattrall.

Kudrow, the former Friends star, is an executive producer for the show. She said celebrities who take part are eager to find answers about their family history.

family history.

"It's not just like you show up for a couple hours and you're done," Kudrow said. "It's kind of a commitment. So the people who want to do it are genuinely interested in finding answers to their questions."

Past episodes detailed Brooke Shields' French royalty connection and the discovery that Sarah Jessica Parker's ancestors were linked to the Salem witch hunt hysteria. THE ASSOCIATED PRESS



Roger Ebert's new movie review IV show to premiere in January, cleared for 192 US markets. Learn how to scan on page 3. ◆ After 52 years in the movie business, Jack Nicholson still isn't calling it quits ◆ But with a three-year break between his last two movies, he's taking things at his own pace ◆ A chance to reunite with James L. Brooks brought the veteran actor back to work



# All play and no work makes Jack happy



It's been three years since Jack Nicholson's last movie — The Bucket List with Morgan Freeman — but the Hollywood icon wouldn't exactly say he's been missing a lot of work

work.
"I love it, not working,"
Nicholson says.

"I'm kind of a guy who likes to prove things. Everybody always said, 'You couldn't not work.' Well, I'm kind of proving them wrong."

His latest, How Do You Know, finds him playing Paul Rudd's intimidating father, watching his son "I'm kind of a guy who likes to prove things. Everybody always said, 'You couldn't not work.' Well, I'm kind of proving them wrong."

JACK NICHOLSON

navigate a love triangle with Owen Wilson and Reese Witherspoon.

The movie re-teams Nicholson and writer-director James L. Brooks, who has twice directed to an Academy Award.

"He's kind of close to me. It's a privilege to work with Jim," Nicholson says. "A couple Oscars didn't hurt cementing the relationship. That's how you know you're in love."

Just because they're old friends doesn't mean

Brooks goes easy on the 73-year-old actor. In fact, Nicholson says, his old pal can be a bit tough sometimes.

"This crying scene I had with Paul [Rudd], I'm doing it like this and all of a sudden [James] comes running out from the back and he says, 'I don't think we want the grips laughing around the television set in the middle of a scene like this." Nicholson remembers.

"And I thought, 'This is

a comedy. I never had direction like this.' Don't make anybody laugh! I thought, Jesus Christ. Then he forgot it! I told him this the other night, and he forgot he did it. Somehow it's inspiring."

With nothing new on his agenda, Nicholson is looking forward to returning to his life of leisure.

"I like not working. I know that's kind of hideous and blasphemous, but I really do," he says. "And I think I've started to infect others of my young guys. I had a conversation with Leo [Di-Caprio] and he said, 'Geez, I love not working.' I said, 'See what I mean?' I don't want to infect him."

So what keeps Nichol-

son busy if it's not acting?
"I just like getting up some time between 11 and 1 p.m., which is not movie hours — unless you're doing night movies," he starts before listing off his current hob-

"Play golf. I got a couple of kids in college, so I'm on the phone a lot. See my pals, chase women around. Not too much. Talk to my congressman, go to funerals."

And what about going to the Staples Center, where Nicholson can regularly be seen sitting court-side, supporting the Los Angeles Lakers?

"That's more of a job," he says with a gruff laugh. "I have to be there."

# All the bells for a lot less jingle.



## Our best deal ever.

**Fixed Monthly Rate** 

### **Unlimited**

- Canada Wide Calling
- Text Messaging •Voicemail •Caller ID Plus much more

### Except for this one.

**Fixed Monthly Rate** 

### **Unlimited**

- Data
   Global Text Messaging
- North America Wide Calling
- BlackBerry Internet Service
- ·Voicemail · Caller ID
- Plus much more





Album reviews

Get the single @



Michael Jackson Album: Michael Label: Sony

The challenge here is to put aside all the pre-release chatter about this album being a cash grab. Will.i.am of the Black Eyed Peas has even denounced it as "disrespectful" to the gloved one's memory. All of that maybe true. Nonetheless, there's some decent music here. These 10 tracks, after all, have been pieced together from unfinished remnants. There are times when you're left cringing and asking aloud 'is that really Michael singing?'

Considering that, the estate's production team has done some Herculean work. Indeed, it's amazing that this disc contains only two or three true dogs. There's the ridiculously self-serving Breaking News, and even 50 Cent's spurious snarl couldn't save the laughably horrid Monster. The lead single Hold My Hand is more Akon than MJ but it's already doing well on the charts. Michael has its moments. The gospel-tinged Keep Your Head Up is truly uplifting and the album's top track, (I Like) The Way You Love Me, is a surprisingly delight.

O GRAHAM ROCKINGHAM



**Crystal Bowersox** Album: Farmer's Daughter Label: Sony

Crystal Bowersox's ability to belt out blues rock ala Melissa Etheridge or Janis Joplin made her a favourite to win last year's American Idol. Her vintage-style vocals only got her to second place, though. So on her debut disc, Bowersox wisely tailors her talents toward a country rock audience, ala Miranda Lambert. The end result is impressive, but fails to deliver a star-making knockout punch. Bowersox's own songs sound pedestrian (with the exception of the quirky and uptempo Lonely Won't Come Around), while her hurried cover of the Buffalo Springfield classic For What Its Worth lacks the original's sense of forboding.

Top track: Lonely Won't Come Around.

GRAHAM ROCKINGHAM



R. Kelly Album: Love Letter Label: Jive **@@@**1/

"I want to bring the love songs back to the radio" sings Robert Kelly on his tenth album. With Love Letter, his effort to do so is a valiant one, as Kells tones down the crazy quite a few notches to return to the

slow jams and ballads that

built his career. This makeover succeeds most on Motown throwbacks like When A Woman Loves and Love Is, which make you question why he didn't go all the way with that homage. Still, those hoping he'd return to the silk-sheeted R&B should find solace in Love Letter.

Outstanding track: Love Is. CAM LINDSAY



**Ryan Adams and The** Cardinals

Album: Cardinals III/IV Label: Pax Am

Recorded in 2006, Adams' fifth album with the Cardinals saw them break from Easy Tiger's twang to

explore some spirited rock 'n' roll. Like 2005's Cold Roses, there's too much to absorb at once, but thankfully the concept is loose and the band is fully amplified, leaving Adams to fully indulge in a tribute to The Replacements. OCAM LINDSAY

PURINA.



I'm an extraordinary matchmaker.

> Pets. They're four paws of wonder. To learn more, join the online debate. Let's talk pets at



A Purina Pet Project

# TAREE TOOT SOON Offers like this make other offers jealous.

Get a FREE Xbox 360° with the purchase of a Windows Phone 7, only at TELUS. Limited time offer from December 15 to 19.

FREE Xbox 360°\*



\$99.99 | \$499.99



HTC 7 Surround™

\$99.99 \$449.99 3 year term No term

TELUS AUTHORIZED DEALERS

EDMONTON

Kingsway Garden Mall

Londonderry Mall

Northgate Mall

TELUS Plaza North

West Edmonton Mall

9915 108A Ave. NW

WEST END

5 - 14220 Yellowhead Trail

14903 118th Ave. 10429 178th St.

17508 Stony Plain Rd.

NORTH

12714 137th Ave.

SOUTH

5912 104th St.

10309 34th Ave.

8708 51st Ave

4515 Gateway Blvd.

Fort Saskatchewan

9542 86th Ave

9914 103rd St

112 - 5906 50th St.

102 - 5311 Discovery Way

Sherwood Park

Sherwood Park Mall

70 - 975 Broadmoor Blvd

30 - 96 Campsite Rd

TELUS

the future is friendly.

St. Albert Centre

30 - 200 St. Albert Rd.



For more details on these great offers, visit your TELUS authorized dealer or telusmobility.com or call 1-866-264-2966.

# Fostering his fanbase

### Cummings' inspiration for tweeting stems from his wish to have messaged the John Lennon

**Burton Cummings remem**bers being a Beatles-obsessed teenager and can only imagine how cool it would've been if he could've messaged John

Which is why the former Guess Who frontman is a big Twitter user and a

### Occasional tweet

- The members of country band Doc Walker say they aren't that into tweeting and only do it occasionally for promotional reasons.
- "I have dial-up so I really don't do much, I push send and I go change the oil in my truck and come back and hopefully I've put my status up for the day," joked Chris Thorsteinson, and added that his fans mostly aren't into it either.

frequent blogger.

"Back in the day if I could've emailed John Lennon or Jim Morrison or some of these people who are gone now, just to think they might've read my stuff, I would've been thrilled," said Cummings during a recent interview. terview.

"I've got these people who literally have been following me for 40 years, they like my songs, and now there's a place for all of us to congregate."

Cummings is one of many musicians who are using social media to foster their fanbase by interacting with followers personally online.

If there's a downside to it, it's that some musicians be overexposing themselves, he said.
"The big difference, I



think, between then and now is there was still some mystery then, some wonderment ... and there's none of that anymore," and there's Cummings said.

"There's no more hiding anymore. In a sense that makes me sad, everything's a bit too much out in the open sometimes.

too immediate.

Rapper Kardinal Off-ishall says he doesn't really tweet his thoughts much and sticks mostly to sharing pictures of what's going on around him.

"Let's get it straight: I'm a TwitPic'er, I'm not a Twitterer," he said.

### Thanks for the ALL CAPS

Burton Cummings considers his fan demographic when using social media, which is why he always posts in all caps though it's considered bad form online

"I'm in my 60s now and a

lot of my fans are older than me and some of them have problems with glaucoma. astigmatism or macular degeneration, and I have been thanked on numerous occasions for using all caps," he said. THE CANADIAN PRESS

## Consider this an early holiday bonus.



Take an extra \$75 off these smartphones or off accessories.'









5449°



**DISTRIBUTORS OF METRO EDMONTON** 

### DISTRIBUTION DRIVERS

Applications are now being accepted for distribution drivers. If you are experienced, dependable, with references and have a reliable larger sized vehicle, the following position may be for you:

### **Vending Box and Dealer Distribution:**

- Monday Friday only: 1:00 am 8:00am (all weekends and holidays off)
- No Home Delivery-No Collections-No Sales Calls
- Regular payment every two weeks.
- Long Term Contract for proven, dedicated service performance.

Highest competitive rates paid in the industry. For more detailed information on our next growth opportunity and to have your name placed on our active application file, please call Winfield Wong today at 780-951-1751 or e-mail: winfieldw@telus.net

FIRST COME · FIRST SERVED · DON'T DELAY CALL TODAY!





### TIP #9: STAY CONNECTEED WITH YOUR SPENDING

Stay connected with your holiday spending. Use online banking tools to regularly check your balances and expenses.

For more holiday financial tips, go to rbc.com/holidaytips





Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Trademarks of Royal Bank of Canada.



# A newer, softer version of American Idol

### With Simon Cowell gone, new season won't feature the same criticism of contestants seen in years past

American Idol has lost its mean streak.

The hit Fox television show once exalted equally for its sensational singing and cutting criticism is embracing a softer approach this year following the exit of top villain Simon Cowell and the addition of new judges Jennifer Lopez and Steven Tyler.

The famous performers said they are taking turns nurturing this year's contestants, some as young as 15 for the first time ever, and providing tough feed-

"We all want them to do well because we actually believe in them," said music producer Randy Jackson, the lone remaining original Idol judge.

The change is part of an ongoing makeover of the popular singing contest as the former mega-hit enters its 10th season with sagging ratings. Hoping to borrow some of Sin City's showbiz sparkle, Jackson, Tyler and Lopez moved to Las Vegas for the week to

American Idol's ratings dropped 8 per cent last season. As part of its makeover, results episodes will move from Wednesday to Thursday nights when the show returns in Janu-ary; Tuesday performances will move to Wednesdays.

narrow down a group of 60 finalists to 40 favourites.

The episode is being filmed at the LOVE theatre, a Beatles tribute hall at the Mirage hotel and casino on the Las Vegas

This is the first time American Idol has taken its so-called Hollywood round on the road.

During the episode, contestants will sing Beatles' tunes on stage with a live band, Lopez said.

"You really get to see who are the performers and who is not going to be the performers," said Lopez, clad in a silver jumper that barely covered her tanned thighs, at a news conference outside the theatre yesterday.

Judge Paula Abdul left in 2009, and Cowell didn't return this year.

The new season is expected to play down its usual celebrity guest appearances and focus on the drama of the competition.

But there will be some star moments. Interscope chairman Jimmy Iovine and celebrity producer Rodney "Darkchild" Jerkins have signed up to work with the would-be stars.
"I've been calling it 'Sea-

son 10, the Remix," Jackson said.

Fans can also expect contestants to cover Tyler and Lopez' greatest hits. Tyler is the frontman for rock band Aerosmith, while Lopez is a movie star also known for her dance

tunes.
THE ASSOCIATED PRESS



### TV watch list

## The dark side of college ball

**SPORTS.** ESPN's excellent "30 for 30" series continues with Pony Excess, a documentary look at a college football team that came apart at the seams in the 1980s.

The Mustangs of

Southern Methodist University commonly violated regulations — with help from local Dallas oil barons and real estate tycoons — until the school's football program was suspended entirely by the NCAA in 1987. Director Thaddeus D. Matula graduated from SMU's film school.

Pony Excess
Documentary
ESPN, 7 p.m. EST

# What makes a Modern Family?

TV couple talks onscreen chemistry and how sitcom imitates life

Prices

SALE

SALE

SALE

SALE

SALE

SOLIDATE

GIFTS FOR THE

GIF



GNC Stress B with C, 60 caplets, \$6.99 GNC Whey ISO Burst, I kg, \$34.99 Gaspari Super Pump \$54.99 Optimum Nutrition 100% Whey, 5 lb, \$49.99

GNC Live Well.



★ www.gnc.ca for the location near you ★

★ 170 locations coast to coast ★

20% GNC Gold Card discount does not apply to our already low Hot Buy priced items. Offer valid Dec. 16 to 24, 2010. Offers limited to quantity on hand. Sorry no rain checks.



One of the best sitcoms to hit television in recent years is the Emmy award winning show Modern Family. The hilarious storylines revolve around a married gay couple who've adopted a Vietnamese daughter; an older man and his much younger vivacious Colombian wife; and a homemaker married to a big kid of a husband raising their three children.

Actors Jesse Tyler Ferguson and Eric Stonestreet play married couple Mitchell and Cameron, and Stonestreet won an Emmy this year for his comedic role. Metro sat down with the on-screen couple on the show's set.

#### What is your definition of a "modern family?"

JTF: To me it means something that is all encompassing; all ethnicities, all sexualities and no ageism. I would hope that would be the universal term. I had never really given it much thought until I heard Ricky Martin refer to his family as a 'modern family,' which I thought was kind of interesting.

## Has a storyline ever been stolen from your own lives and ended up on the show?

JTF: Oh yeah, lots. I had to come out to my father three times, so that was in the script. And ironically, my dad used to make T-shirts for us kids and Jay makes these T-shirts that read: Clear and Present Danger. But just so we're clear, my father has got that I'm a gay man now!

Can you talk about how we've learned to know about

#### your characters since we meet Cam's mother (played by Celia Weston)?

ES: I say in that episode that she's raised many kids, a couple of barns and a whole lot of hell, so now we know that Cam has siblings who we'll eventually meet at some point. I loved working with Celia as I remember her from watching Alice as a kid. She plays the perfect inappropriate mother who gives a lot of open mouth kisses to people she meets for the first time, which is a storyline taken from one of the writ-

ers' personal experiences. JIF: We are now excited to meet who Cam's sister might be. We do casting calls in our heads all the time ... What about this person? We've cast Al Pacino in about seven different roles!

## Your relationship is so convincing on the show. Did it come naturally to you both?

JTF: Eric and I are so comfortable around each other. We did do a chemistry read in the very beginning but I think it comes down to the fact that we like each other as people. We had that instant comfort zone, which was lucky for both of us.

ES: Chemistry from my perspective comes from a sort of willingness and an open heart to service the moment, the scene, the script and chemistry also comes from a desperation for your career! Like, we desperately realized that this was a great show and we had a great opportunity to have an awesome relationship on the show, so we wanted to make this work.

METRO WORLD NEWS

# Christmas came early for Charlie Sheen

Porn star alleges actor shouted racial slurs, choked her and threatened to kill her in hotel suite • Sheen sued Anderson for \$1M over allegations

Charlie Sheen can rest easy this holiday season after authorities announced he's off the hook for his Plaza Hotel rampage in which Capri Anderson accused him of terrorizing her while he trashed a hotel suite, according to TMZ.

Anderson had filed a police report accusing Sheen of assault and battery, and false imprison-

"There will be no arrests made in the case," an NYPD official says. METRO



# Connelly, Bettany expecting new addition to family

Jennifer Connelly and husband, Paul Bettany, are looking ready to

welcome another member to their family, as Connelly is expecting their second child, cording to People mag-

azine. "Becoming mother has made all the difference in terms of learning tionship. • METRO

to take more responsibility for myself and my life,' she tells the magazine.

"The biggest thing for me is wanting my kids to grow up safely and have happy lives. To that's enough."

Connelly and Bettany have a seven-year-old son together, and Connelly has a another child, 13, from a previous rela-



## **Hurley eager to get divorce underway**



Elizabeth Hurley is reportedly in a hurry to get her divorce from Arun Nayer over with so that she can move on with new beau Shane Warne, according to

Hollyscoop.
"There will be an amicable settlement with no party giving out large portions of money," a source says. "Liz doesn't want Arun's money, and neither is Arun interested in her wealth."

Hurley announced the split on Twitter earlier this week, saying the couple had ended their relationship several months ago.

### **Banff TV fest to** honour Mandel

Howie Mandel is getting an achievement award from the Banff World Television Festival.

The Torontoborn funnyman will be presented with the award of distinction at a ceremony

Actor, comedian and game during the annual gathering of TV writers, producers

dustry. The canadian press

broadcasters and stars. The award

recognizes a Canadian whose body of work has set the standard for excellence in Canada's entertainment in-

#### **Celebrity tweets**



[Asimor pegg] Nutritionally

speaking, an egg white omelet and a side of bacon is as empowering as feasting on the still beating heart of your worst enemy.



**Kirstie** Alley [Akirstie alley] I can't wait till you

all can see gorgeous Benjamin Travolta...The handsome boy is yummy...YUMMY.



William Shatner [@william shatner] I've been told my

damaged star on the Canadian Walk of Fame has been fixed. I wish I could replace my face as easily.



sked for autograph. igured out what happned: It was my turn to be of famous for 15 minutes

# Miley not happy with friend over leaked party video

Miley Cyrus is reportedly furious with Anna Oliver, the friend who supposedly shot the video of Cyrus smoking a bong filled with salvia that hit the Internet last week, according to Hollyscoop.

"Miley is really pissed because they were close," a

source says, explaining that Cyrus believes Oliver had something to do with the video leaking. But the Disney star's anger is nothing compared to that of her fans, who went after Oliver on Twitter, forcing the young woman to deactivate her account. • metro

### Wahlberg got carried away with fight training

Mark Wahlberg admits he went a little overboard spending-wise to prepare for his role in The Fighter, in which he plays boxer Mickey Ward.

"There are many, many boxing and I movies, most of them. But I knew that the thing that would set us apart was if the looked fights more real, and I looked more like a boxer than anyone else who's done

it in the past," Wahlberg tells Sports Illustrated. spent more money paying my trainers and having them travel with me than I got paid - by a good half a million dollars."

Luckily, Wahlberg also a producer on The Fighter, so if the Golden Globe-nominated film does well, he should be OK.

life

### **Pumps for stunts**



Angelina Jolie had her own request for stunt gear in the new movie The Tourist - stilettos. Jolie did her

Jone and her stunts in Salvatore Ferragamo heels. The heel height came down a bit for the most active scenes, but "she basically toughed it out in her shoes," says costume designer Colleen

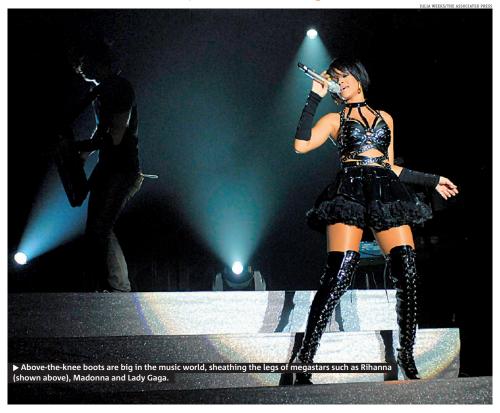
The actress came to her first fitting for the caper flick wearing her own personal pair of metal-tipped stiletto pumps that would eventually become her character Elise's go-to shoes with pairs in black, camel and light pink, says Atwood, who calls the heels elegant and hardworking but "comfortable enough for 10-hour days, which was common on the set."

**O THE ASSOCIATED PRESS** 



Target and William Rast form a purposeful relationship for late

Who can forget the thigh-high boots Julia Roberts wore in Pretty Woman?
 Twenty years later, tall boots are back and this time on ladies of fashion – not just ladies of the night



# Get a leg up in boots that kick butt

Thigh-high boots rocked the runways a year ago, but it's taken some time for the trend to evolve and gain acceptance by a broader audience. Now, over-the-knee styles are adding a sexy-yetchic statement to skinny jeans, leggings and dresses.

"Every girl wants to be a little sexy," says footwear designer Stuart Weitzman. "Do you know an American woman who hasn't seen 'Pretty Woman'?"

Weitzman, who has made tall boots in past seasons, says over-the-knee boots are so popular now because women wear tights with many looks even miniskirts and shorts.

"They complement the new kind of dress that many, many girls are using today. It sort of breaks up the whole naked leg look and becomes an acceptable adaptation of modern dressing."

Options are plentiful: Choose a dramatic pair with a high heel, a midheight wedge or a flat-bottomed boot. They come plain or embellished with chains, buckles and studs, and with details like distressing and lacing. Depending on the style, they can add glamour to an evening ensemble or keep you warm running errands by day

"They're sexy and fun and everyone can wear them in their own way," says Brian Atwood, just named Footwear News' designer of the year. He offers a mid-thigh platform boot with a 14-centimetre heel and also a flat shearling style. "Definitely don't be afraid of the over-the-knee boot."

The beauty of the style, he says, is that it lengthens your appearance, regardless of your height. "Trust me," he says. "It's like wearing a legging. It elongates everything."

Still, the public's collective eye needed to adjust to a style that perhaps

"Trust me. It's like wearing a legging. It elongates everything."

spurred thoughts fetishism.

BRIAN ATWOOD

The success of the highend designer collections led retailers to realize the everyday shopper was ready for the look this year, said Avril Graham, executive fashion and beauty editor of Harper's Bazaar.

"It had been seen as a very high-fashion look and super trendy," she says. "Now, it's so much more accessible. I've been travelling across the states in the last few months and I've been noticing so many more regular women are wearing this look."

Graham advises wearing the boots with a "minimalist chic" look. Don't pair the boots with every other trend or pile on too many accessories, she cautions, and keep hemlines higher than the top of the boots.

"The look has to be a linear, long, clean silhouette," Graham says. "The whole object of this look is to keep your entire look very simple and chic."

That means close-fitting jeans or cigarette pants tucked into the boots, no flared pants or skirts and nothing flouncy. "You want to avoid having any resemblance to anything theatrical and the appearance of anything remotely looking like Pirates of the Caribbean according to Graham.

There's more variety than you might think in boot style, shaft and overall vibe, and that lets the trend live longer.

Weitzman, whose bestselling item is an over-theknee boot called 5050, says 10 to 15 per cent of boots for his pre-fall 2011 collection will reach over the knee. THE ASSOCIATED PRESS







### 1 LUCKY LEGS

Lucky Brand Fabia above-theknee boots; piperlime.com

### 2 GORGEOUS GAMS

Via Spiga Georgia flat abovethe-knee boot; piperlime.com

### 3 SULTRY SWAGGER

Brian Atwood above-the-knee sueded RZ boot; piperlime.com



# Remix your man's style

• Recreate this stylish and tonal look by mixing classic separates











1 BROOKS BROS. TIE \$95; brooksbrothers.com

2 TOPMAN TRENCH

METRO WORLD NEWS

\$170; topman.com



3 HUDSON NAVY BOOTS

\$315; hudsonshoes.com

**4 REISS CHINOS** 

\$175; reissonline.com



5 CUTLER & GROSS SPECS

\$433; cutlerandgross.com

### 6 BEN SHERMAN SHIRT

\$71; bensherman.com

# Madonna and child branded

The Material
Girl is
bringing
her clothing line of
the same name
to Canada.
The

The collection designed by Madonna and her daughter, Lola, will be exclusively available

at The Bay next spring. The line will be carried at the retailer's 91 stores across Canada

with items ranging in price from \$12 to \$68. The joint venture is between Madonna and Iconix Brand Group, Inc., and the Hudson's Bay Company

THE CANADIAN PRESS

# What to wear when in the air



A cardigan that is warm enough for the frigid air cabin, but light enough to move comfortably in.

ASOS cardigan, \$72;

2 Shoes that are comfy enough for the trip to the airport and easy enough to slip off at the security gate.

Rachel Comey booties, \$357; shop.creatures ofcomfort.us

A shopper for your water bottle, book and magazines that is soft enough to squeeze underneath a seat.

Peter Jensen canvas tote, \$90; openingceremony.us





# Head Dress

### THE KIT

Birds of a feather flock together.

Now is the time to show your primp and proper side with a band of beguiling plumage from Toronto accessories guru Headmistress — just in time for the height of the holiday party season.

FEATURED HEADBANDS:

Trout Lake Headband, \$45 (top right)

Caribou Lake Headband, \$45 (bottom)

Flatrock Hippie Stretch Band, \$25 (top left) All designed by

Jillian Wood loveheadmistress.com

THE KIT is Canada's beauty authority and first-ever digital beauty magazine. Subscribe for free at thekit.ca.





# Entertain like a designer

Tips from HGTV's Peter Fallico on how to have the perfect holiday party

### **DFCOR MOMENT**



KARL LOHNES HOME@ METRONEWS.CA

Keep it simfresh when

entertaining, says Peter Fallico, host of HGTV's Home To Flip; a show that follows him through buying, renovating, decorating and selling fixer uppers. His passion for fixing up old houses and incorporating smart decorating ideas comes through on his television shows - and in real

I recently interviewed Fallico at an old home he recently purchased to renovate. Looking around the house it's clear to see that he has a lot of work ahead of him and it's hard to be-lieve that he recently pulled off a fabulous holiday party for 40 people in the old house.

Fallico gave me his scoop on entertaining and decorating trends for holiday gatherings at home.

### How are we entertaining differently than we did in the

I think we are all craving for formality, but because

**Service Directory** 

To advertise call 780-702-0592

\$500\$

loan service

of less time and busier lifestyles we need to keep things simple. With the trends of larger, open kitchens we are seeing more casual holiday parties rather than using a formal dining room.

#### How do you entertain friends and family during the holidays?

I held my annual holiday party in an old house that I've recently purchased to renovate. I created an entire evening using various areas of the house.

I started off with drinks in the unfurnished living room, then an informal dinner around the old kitchen/dining area. I then moved all my guests into a cosy den for after dinner drinks and watched a funny holiday movie.

### Responsible host

Transportation. Part of being a great host is being a responsible host. Encouraging guests to take public transit or taxis, hiring a bartender to monitor controlled alcohol pouring, have a designated driver at your party or have an extra bed ready. Club Metro. Are you hosting

a holiday party? Baileys Canada and Metro want to help you be a responsible host. Enter at clubmetro.com and you could win transportation to

get your guests home safely.

I filled the old fireplace (not even sure if it works yet) with a dozen candles and laid a large antique Persian rug on the floor with lots of cushions. I used the dining table as a buffet table and placed it in the centre of the dining area room and I had comfortable chairs and a large banquettes off in the corners for guests to lounge around.

### entertaining/party stress-reliever tip?

ways try to order in most of the meal. I might make some appetizers and a soup or salad; the rest comes from a local cater-

to help greet guests, take coats, help with serving up food, etc. I keep flower arrangements versatile and simple to be used after the party, and around other areas' simple lilies teamed with red branches or holy creates a clean,

simple arrangement.
I don't worry about trendy colours and themes for holiday decorating. I keep to white, silver, clear glass, crystal and fresh greens; they are all classics they that never go out of style.

#### Peter Fallico's best tips for setting the mood? Choose

one scent from candles and room sprays and dabble them around the house

I like fresh green scents like pine, cedar

spruce.

I choose a type of music that sets the tone for different times of the party; classical as guests arrive, jazzier during mingling with drinks and then quieter while guests are eating. After dinner I show off my most recent collection

of dance music to get my guest's spirits up and the dancing started.

I bring out all my silver, crystal and glass objects to create sparkly groupings for impact on buffet and coffee tables. No need in keeping it locked in a china cabinet; the holidays are the time to unleash small touches of

collected luxury. For more holiday decorating ideas and tips visit hgtv.ca.



### What's your best I am not a big cook so I al-

I try to enlist help; a friend or family member





### Apartment Finder advertise contact Yvonne Markey at 780-701-0347



Garneau Towers-8510 111th Street located blocks southeast of Hub and the University

780-432-1894

www.caprent.com rentals@capreit.net

a convenient location!



Change the way you watch TV.

With Bell Satellite TV and Canada's best HD PVR<sup>1</sup> you can:

- Pause live TV so you don't miss a thing
- Record and watch your favourite shows any time
- Set and manage recordings from your smartphone when you're not at home<sup>2</sup>
- Watch On Demand movies in 1080p HD the highest quality available across Canada







Switch today:

FREE

HD PVR AND DIGITAL RECEIVER FOR 1 YEAR<sup>3</sup>





1866 263-5049 • bell.ca/hdtv • Visit a Bell store

Available at the following Bell stores: BANFF Cascade Plaza CALGARY 216 Saddletowne Circle 1002 – 17th Ave. S.W. 9560 Harvest Hills Blvd. N.E Beacon Hill Centre Crowfoot Crossing Deerfoot Meadows Deerfoot Quiter Mall Eaton Centre Deerfoot Outlet Mall
Eaton Centre
Market Mall
Marlborough Mall (kiosk)
North Hill Shopping Centre (kiosk)
North Hill Shopping Centre (kiosk)
Northand Village
Shawnessy Village
Southcentre Mall
Southcentre Mall CANMORE 105 – 802 Bow Valley Trail EDMONTON 3918 White Mud & 17th St. 6143 – 28th Ave. 9774 – 170th St. b143 – 28th Ave.

9774 – 170th St.

12804 – 22nd St.

12805 Stony Plain Rd

1898 Stony Plain Rd

1898 Stony Plain Rd

1898 Stony Plain Rd

1899 Stony Plain Rd

1890 Stony Rd St. Albert Irali at 137 AVe.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.
FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre GRANDE PRAIRIE Prairie Mall LEDUC 4916 – 50th Ave. LETHBRIDGE Park Place SmartCentres Lethbridge LLOYDMINSTER Lloyd Mall MEDICINE HAT MEDICINE HAT Carry Drive Plaza Medicine Hat Mall PEACE RIVER 10032 – 100th St. RED DEER Bower Place Shopping Centre Parkland Mall ROCKY VIEW Crossiron Mills Mall ST-ALBERT 460 – 140 St-Albert Rd SPRIUCE GROVE SPRUCE GROVE Creekside Centre WHITECOURT 3439 – 34th Ave.

# Wild Earth offers no tame experience

• The sweets will catch your eye and your taste buds

### LUNCH RUSH

CHRISTOPHER THRALL FOOD@METRONEWS.CA



Despite their newly-expanded lunch menu their match newly-ex-

panded square footage, I flew into Wild Earth Bakery & Café with only the sweetest of intentions. Literally.

I had promised to bring holiday baking to the office

I don't bake.

I planned to fill a box with Wild Earth's sinful tarts, but when I wandered into the new end of the store to place my order, a small tray caught my eye. Inside, white chocolate raspberry mini tarts crowded against pecan squares, two-bite brownies and a few plump chocolates. The \$14.95 array would suit any taste and the price was easily what I would pay for six tarts.

I grabbed a couple of hazelnut toffee fair trade coffees (\$2.60 including cup) and made it to the party on time. The Wild Earth treats were devoured im-mediately! If only I had thought to transfer the

I might have taken the credit. Next time!

Wild Earth Bakery & Café

8902 99 Street wildearthbakery.com 780-425-8423 Price range: Medium Rating: \*\*\*\*





### **Preparation:**

- Filling: In a saucepan, stir together raisins, butter, sugar and cornstarch. Stir in hot water and cook over medium heat until thick. Remove from heat and stir in lemon zest and juice. Let cool.
- Shortbread: Preheat oven to 180 C (350 F). Using an electric mixer, beat butter with 250 ml (1 cup) sugar until light and fluffy. Add egg and mix well with a wooden spoon.
- In a separate bowl, whisk flour and cornstarch together. Add to butter mixture and mix until dough is just combined. Dough will be stickier than typical cookie dough.

- Divide dough in half and press one-half into the bottom of a parchment-lined 2.5-l (9-by-9-inch) square pan. Pour cooled filling evenly over shortbread
- Divide remaining dough into 4 pieces. With floured hands, pat each piece to fit 1/4 of the pan until the top is covered. Smooth top pieces together with a knife. Sprinkle top with 50 ml (1/4 cup) sugar.
- Bake for 40 to 45 min-6 utes or until shortbread is golden brown. Let cool to room temperature and cut into squares. THE CANADIAN PRESS

### Ingredients:

- Filling

   375 ml (1 1/2) cups sultana raisins
- 30 ml (2 tbsp) butter 125 ml (1/2 cup)
- granulated sugar • 15 ml (1 tbsp) corn-
- starch • 250 ml (1 cup) hot
- water • 15 ml (1 tbsp) lemon
- zest
- 30 ml (2 tbsp) lemon juice

#### Shortbread

- 250 ml (1 cup) unsalted butter, softened
- 250 ml (1 cup) granulated sugar, plus 50 ml (1/4 cup) for sprinkling
- 1 egg
- 375 ml (1 1/2 cups)
- all-purpose flour 125 ml (1/2 cup) cornstarch
- 30 ml (2 tbsp) lemon iuice

### ADVERTISING FEATURE

### Slimband® Housecall Q&A with Dr. Yau

Dr. Patrick Yau MD, FRCSC General & Bariatric Surgeon



I am 37-years-old and have always struggled with my weight. After trying every diet out there, I have come to the conclusion that nothing works for me. I don't want to keep struggling with my body image and self confidence anymore; I want to finally start enjoying my life. A friend recommended the Slimband® laparoscopic band surgery. What exactly does this procedure entail? Is it just a surgical solution, or a complete support program?

The laparoscopic gastric A The tapatoscopic banding procedure is a minimally invasive 30-minute, sameday surgery where a band is placed around the top most part of the stomach. Once in place, the band can be adjusted to restrict the volume of food patients can consume with each meal. When the band is properly adjusted, it generally takes just one cup of food for patients to feel full from a meal. In essence, your food portions and consumption become well controlled with this operation.

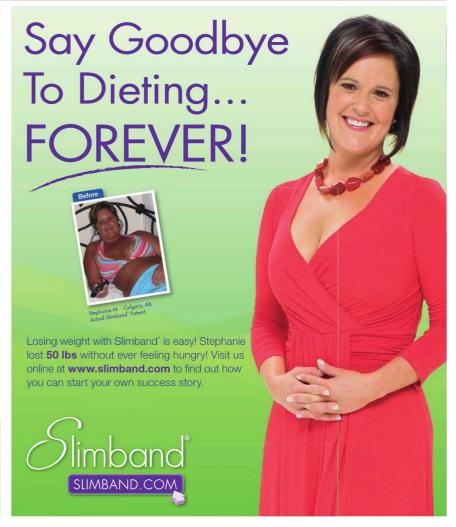
However, many patients require additional support in order to achieve long-term success. Over-eating and obesity can stem from issues other than portion control; improper food choices or emotional eating is often caused by lack of nutritional knowledge, medical issues, depression, or stress

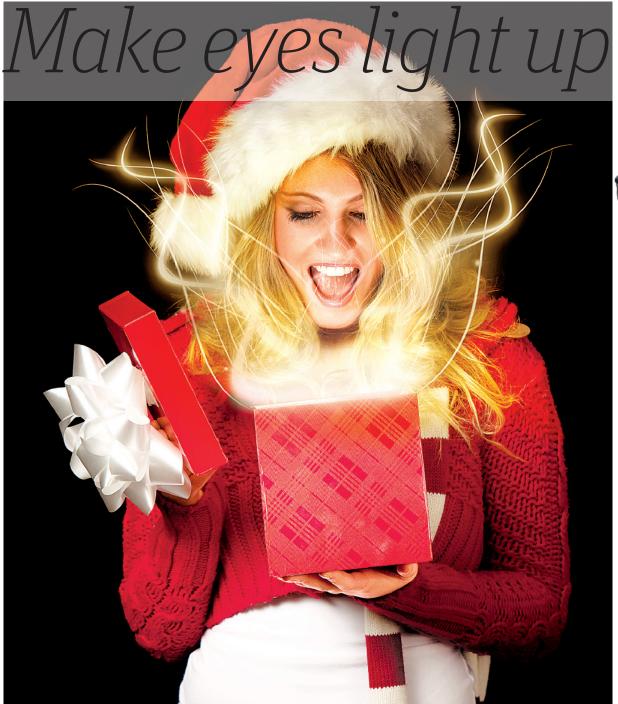
In order to develop the healthy habits necessary for weight loss and lifelong control, there needs to be more than just the surgery. Look for a clinic that offers a comprehensive program that is designed to help achieve your weight loss goals. Support such as nutritional and psychological counseling, individual and group support, as well as seminars on how to make the necessary lifestyle changes that promote weight loss and good health, all help in maximizing your weight loss. Medical studies that have analyzed various weight loss treatments have proven the most important factor for success is post-surgery follow-up.

A successful procedure needs to be part of a program run by a multidisciplinary team that tackles many challenges a patient faces during their weight loss journey.

Call our toll-free number to book a free consultation: 1-800-298-0684

Slimband® now has offices in Calgary and Edmonton





### A fuzzy Christmas

For those whose pets our family, Check out our gifts for fur children. {page 32}



# Deck out your

Great gifts for yourself or someone special {page 40}



# 8 days until

Dec. 25
Catch our next gift





### Gift giving made easy

Sears Gift Cards make great gifts. Starting as low as \$10, they can be redeemed in store, online at sears.ca and through our catalogue.



Gifts with a bite

This year, give these items to make your pet or pet owner a little happier

cat tovs

interactive play with own-

ers. Some come with fin-

cats pounce on the toy, it

emits a realistic electronic

mouse sound — enticing

cats to play even more.

Available at pet supply

stores and at playn-squeak.com, go to prod-

ucts, and scroll through

mouse toys. Price

ranges

allowing

to lure

their kitties

into play

mode.

tempt

bands

owners



Pet people love splurging during the holiday sea son. And why not? Shopping for a \_ or pet owner can be fun. Splurging

glitz and no function. In our home the holidays are a time to inspect toys, leashes and collars and replace any that show wear. Thankfully this year manufacturers are offering a wide array of innovative products that make life with pets easier, safer and a lot more fun.

doesn't need to be all

### **DOGS**

#### Chew This by This & That naturally shed deer antler chews.

Dogs love to chew. Deer antlers are an alternative to traditional bones. This line is 100 per cent natural 100 per cent digestible. Ûnlike many chew products it

does not turn mushy smelly stains. It's longlasting and suitable for power chewers.

Available at pet supply stores thisandthatca-

nine.ca. Price ranges from \$12 to \$30 depending on size.

Glowdoggie – German engineered glow collar

Collars that light up are

ing new but Glowdoggie has some serious bells and whistles. A senautomatically turns the product on and off. The product is waterproof — perfect for families who love to camp. Light is emitted from all sides of the collar allowing the dog to be seen from all directions. It also allows oncoming mo-

evening walks. Available at glowdoggie.com. Approximately

### CATS

#### Skinneez by Spot stuffing free, cat-nip filled toys.

This line provides a wide assortment shaped animal toys. They will ap-

Born

Bark

peal to cats that like to carry around 'prey." The skunk and squirrel are particularly appeal-ing. Bushy tails combined with catnip bring out the hunter in your fe-line. The absence of stuffing allows cats to grab, drag and carry the toy with ease.

Available at pet supply stores and at ethicalpet.com, click on cat products menu 2009. Price ranges from \$3

Play-N-Squeak — interactive

#### **PET LOVERS** This toy provides great

### Born to Bark. My Adventures with an Irrepressible and Unforgettable Dog by Stanley

Coren is a long-time fixture in Canadian dog training circles. In this book he describes his personal journey and how it led to a little terrier named Flint. It's the story of an underdog — the

one Send the gif who should of money. failed.

book to \$30 for the hard-

### **GIVE BACK**

Remember not all animals have the luxury of getting Some even have homes. Help those in need by making a donation to an animal shelter. If money is not an option, many shelters will gratefully take used but clean towels, blankets and pet

Shelters and rescues also benefit when you purchase gift items directly from them. You can find unique gifts at their local fundraisers.

Pet owner's facing economic hardships may also welcome a gift certificate for pet food. Amd remember that not cost money. Offer to walk a pet for someone who is elderly, ill or injured.



ON BLU-RAY COMBO PACK & DVD TODAY!

**ENTER FOR YOUR CHANCE TO** 

## A DVD COPY OF 💘 DESPICABLE ME

AVAILABLE BestBuy.ca

Tell us how many minions took over metro today at www.clubmetro.com



ENTERTAINMENT © 2010 UNIVERSAL STUDIOS.



